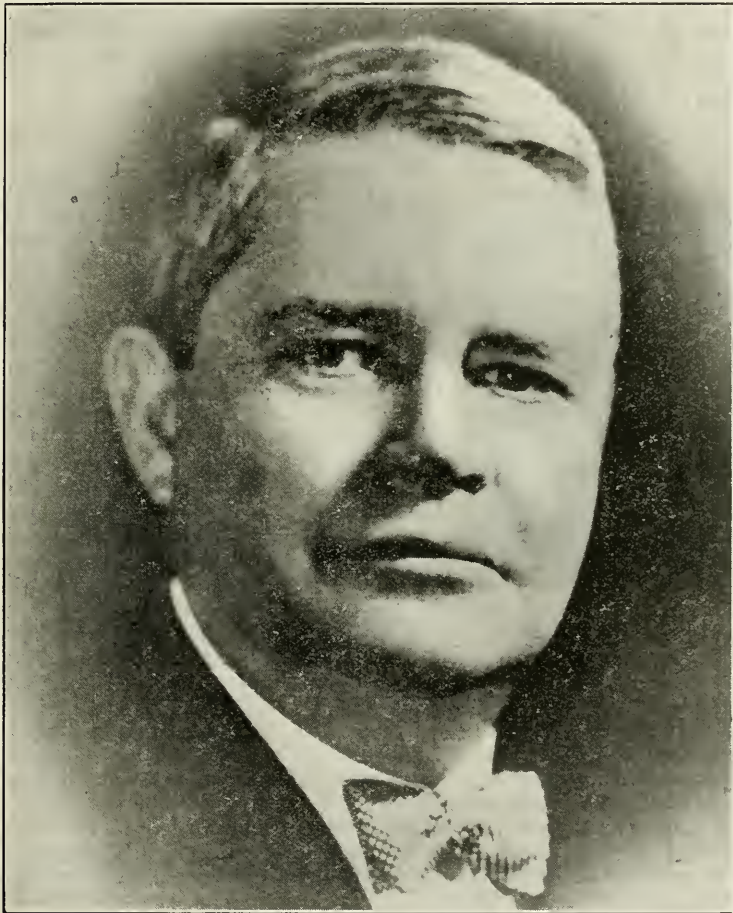


THE LATTER-DAY SAINTS'
MILLENNIAL STAR

ESTABLISHED IN 1840



President J. Reuben Clark Jr.

Saints and Friends of Britain Extend Their Hearty Welcome

As this issue of the *Millennial Star* goes to press, there comes a cablegram announcing a visit to Britain of President J. Reuben Clark Jr. of the First Presidency on a hurried business trip. Arriving from America at Plymouth Wednesday, January 1, President Clark will speak at special services in London Sunday, January 5. He will return early next week.

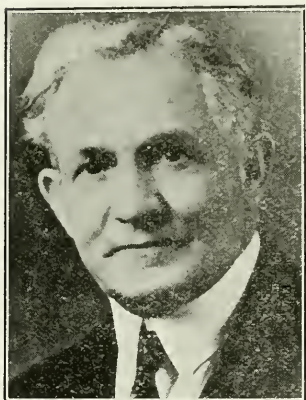
THESE ARE ETERNAL VERITIES

By PRESIDENT DAVID O. MCKAY

COMMENTING upon the unjustifiable attempts of strong nations to subdue weaker nations, one of our leading popular contributors to syndicated newspapers said recently :

Out of all history you will find but one world conqueror who came with clean hands, and those hands the soldiers pierced with iron spikes as they nailed the Nazarene to the cross.

It was this same clean world Conqueror who said :



PRESIDENT MCKAY

Therefore, whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man . . . ; and every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man. (Matthew 7 : 24-26.)

We are living in a changing world, and some of us are becoming somewhat confused by the accumulation of theories, suggestions, proposals and the expressions of doubts that seem to be filling the air.

Recently I overheard some young men talking about the results of infractions of the moral law, and one of them expressed this sentiment :

"I think we must take a broad view of this matter and look at these things in the light of the year 1935."

I cite his remark merely because I think it is the expression of an attitude which has more or less general acceptance. I answered him quietly :

"If you put your finger in the fire will the burn be any less intense in 1935 than it was in 1835?"

The law of compensation and the law of retribution are eternally operating.

As every thinking person knows, the principles of the Gospel of Jesus Christ are just as applicable to the conditions of the world today as they have ever been in the history of mankind. Today, perhaps, as seldom if ever before the rock foundation built upon Christ's teachings is needed in the political as well as in moral and spiritual realms. Men and women are being swept from their old moorings by unsound theories and untried schemes, but before abandoning tried principles for seemingly attractive theories, they would do well first to sink their shafts deeper in search of the bedrock of truth. The sooner this theory-smitten world gets on a sure foundation, the better it will be for humanity.

Do not think me a pessimist. I love life. I think it is a joy to live in this age. Every morning, as I greet the sun, I feel the joy of living. I realize the accomplishments, to a certain degree, of this wonderful mechanistic age. Today time and distance are

practically annihilated. If we were in tune at this moment we could hear Big Ben striking over Westminster Abbey.

Millions of people in the world heard Admiral Byrd at the South Pole. Men are penetrating the stratosphere, and hoping for the nearby day when they will eat breakfast in New York and luncheon in Paris.

It is a glorious age in which we live, but no thinking man will doubt that this age is fraught with limitless perils as well as with untold possibilities. It is because of threatening dangers that the world should become anchored in the eternal truths of Jesus Christ, and realize that there are eternal verities in this changing world.

The World's Need

THIS timely article by President McKay points out the need of a troubled world today—the Gospel of Jesus Christ and the simple principles it teaches.

That there is a need for this Gospel in the world is seen in a recent survey of churches in England and Wales showing a decline in religious interest. From 1910 to 1934 the Church of England showed a decrease of 700,000 children in Sunday Schools. The Methodist church membership decreased 57,363, the Congregationalists 149,000, Baptists 18,879. Dr. W. R. Mathews, Dean of St. Paul's recently stated that hardly 20 per cent of Britain's population could be called Christians.

Charles Foster Kent, commenting upon the "chaotic state" of our civilized world says:

Political organizations and ideals that have both fortified and handicapped us have been thrown into the discard. Long accepted social theories have suddenly been rejected, and new ones are being adopted. Many of the moral standards of our fathers are being set aside in theory as well as in practice. The rising generation has no fear and little respect for elders. The elders, recognizing what a wreck they have made of civilization, question their own infallibility. Religious dogmas, long regarded as the corner stones of religion and the church, are being disproved or supplanted by the discoveries of modern science. It is not strange that the majority of the men and women in this war-shattered world are unhappy, because they feel the foundations beneath them are tottering.

The world needs fundamentals, eternal verities that never change. They need to adopt the teachings of the man into whose hands the soldiers drove the iron spikes, "the only world Conqueror who came with clean hands."

Another writer goes on to assert that "if there is to be social and political regeneration in . . . the world, it must be by tremendous regeneration of moral ideals."

What are the moral ideals and the spiritual teachings of the Man of Nazareth? Down through the centuries there have come ringing these words:

I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life. (John 8: 12.)

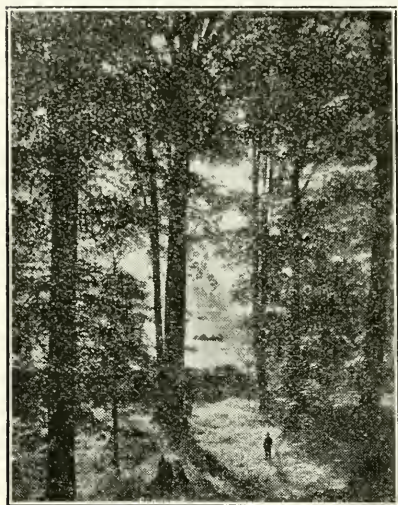
Do Christians really believe this? If so, they are hearing His other ringing words:

Seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. (Matthew 6: 33.)

His teachings are simple, and sometimes they seem so simple that we toss them aside.

Kindness is a principle the world lacks. We rather go to backbiting, talebearing, gossiping, and in some cases lying about one another. All these are un-Christ-like, un-Christian. They spring from the power that is seeking to destroy Christ's principles and Christ's Church.

The principles of honesty, just simple honesty, and fair dealings are fundamental principles that never change.



THE SACRED GROVE

"Where the Father and Son appeared"

But there are other comprehensive principles. The first fundamental truth advocated by Jesus Christ was this, that behind, above and over all there is God the Father, Lord of heaven and earth. This universe, therefore, is not left to the guidance of an irrational, random chance, but on the contrary is ordered and controlled by a marvellous intelligence and wisdom.

Because science says that it has not found a divine, personal being, nor the soul of man, are you justified in concluding that these realities do not exist? "There is not a single scientific specialist of repute," says Dr. Hudson, "who has attempted to prove by scientific method that what science cannot demonstrate is thereby disproved." On

the contrary, hear ringing these glorious words: "God and the unseen world are not merely objects of surmise. We know them in experience."

Far more direct and impressive are the words of one in this dispensation who saw God and His Son:

When the light rested upon me I saw two personages whose brightness and glory defy all description, standing above me in the air. One of them spake unto me, calling me by name, and said, pointing to the other: "This is my beloved Son: Hear him."

The second is the sacredness of personality. There is an unchanging truth in an unchanging world, that should be an anchor to the soul of every person in it.

The least child was sacred to Jesus. "It is not the will of your Father in Heaven that one of these little ones should perish."

Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me. (Matthew 25: 40.)

And in this modern day He said:

Remember the worth of souls is great. (Doctrine and Covenants 18: 10.)

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THE SALTS OF THE EARTH

By Bamford Stanley

SLOWLY we English people are learning that vegetables fill a more important role in our meals than that of a "fill-up." They are the "salts" of the earth organized for our use. . . . They are of first importance and should claim our greater attention on account of their health-giving qualities. It is now well known that the cells of the body are nourished and kept young by the presence of mineral salts and vitamins absorbed from our foods. As with fruits, vegetables are the greatest

source of these essential life-preserving food elements. Vegetables, as foods, are more medicinal than nutritive, and are figuring more and more prominently in "health reforming" dietary.

Health Prescriptions

BESIDES proscribing the use of tea, coffee, liquor and tobacco, the Latter-day Saint Word of Wisdom enjoins prescriptions: "And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature and use of man—every herb in the season thereof, and every fruit in the season thereof; . . . All grain is good for the food of man; as also the fruit of the vine; that which yieldeth fruit, whether in the ground or above the ground." (Doctrine and Covenants, Section 89.)

This article, written by a British authority on dietetics, is entirely in harmony with this revelation received by Joseph Smith February 27, 1833. It explains methods for preparing and cooking these foods in order to preserve Nature's health-giving qualities.

To retain the healing value of vegetables, we must combine them rightly with other vegetables and with other foods, and also when cooking them, prepare them in a way that enhances their virtue. . . . One of the chief reasons why vegetables are coming more and more to the fore in health regimes is that they restore the natural alkaline reserve of the body's fluids which is the mainstay of good health.

The vegetable kingdom may be likened to a chemical laboratory in which the mineral salts existing *inorganically* in the earth are chemically *organized* into a form that is easy to use by the body. It is a scientific fact that the body can only make use of *organic* salts in its functions. Often the virtue of these salts and their higher organisms, the vitamins, are destroyed by improper cooking. For instance, water has the power to reconvert the organic salts of vegetables into the inorganic when used as a cooking medium. This is why so many cooked vegetables lie heavy on the stomach and are said to be indigestible.

The properties of vegetables differ according to their kind and also according to the locality in which they have grown. Each kind provides different salts and vitamins which conservative cooking will preserve and correct combination in serving will develop.

Vegetables are roughly divisible into three groups, according to their state of development. These groups are :

- (1) The vegetables that grow under the ground.
- (2) Those that grow on the ground.
- (3) Those that grow above the ground. . . .

The two objects of all cooking are :

- (1) To make the food more digestible and nourishing, and (2) to make the food more palatable and appealing.

In cooking underground vegetables, we can achieve this dual result by baking them. In baking, the vegetables cook in their own steam, the cellulose fibre walls are broken down and the bulky nature of these foods is rendered more digestible.

Potatoes should be well scrubbed and baked in their jackets. When they are done in this way, they are splendid energy food. Carrots, turnips, beets, artichokes, parsnips, etc., can be baked "en casserole" or used in soups.

The "Golden Rule" for vegetables is always to serve one underground vegetable with two from above the ground. This secures the beneficial virtues of the vegetables, ensures perfect digestion, and no heavy feeling after the meal. Such a combination also increases the vitamin potency of the foods. When we are making salads, it is a good plan to add a little finely grated raw carrot, beet, turnip or parsnip. They add piquancy and food value. In this connection, black radish or Spanish radish is a vegetable that is much neglected. A tablespoonful grated finely and mixed with a little olive oil is one of the finest kidney tonics there is. On the whole, underground vegetables are mainly winter foods and we will find them excellent regulators if used moderately.

IN the second class of vegetables are included the bleached vegetables such as celery, chickory, seakale, onions, leeks, etc. They are to be esteemed as nerve tonics. They are especially welcome to sufferers from debility, being easily utilized by the body. These vegetables unite the mineral salts of the earth with the phosphates of the air and have a greater liquid content than the underground vegetables. Consequently, they do not need cooking in water, but are preferably baked, braised or cooked in parchment in the oven. The onion family are especially valuable as tonics during Spring. Celery is a certain nerve strengthener. The flavour and odour of onions can be minimized if a sprig of parsley and a dash of cayenne pepper is included in the dish when cooking.

Raw vegetables always seem to be disliked in England, yet they are of great value for their medicinal efficacy, and quite palatable if prepared aright. We should chop the bleached vegetables up very finely, mix with a little olive oil, and serve them with salads. They tone up the kidneys and the genito-urinary system and so assist the nerves to better generation.

We find the finest vegetables among the third group. They reap the full benefit of sunlight and air. Consequently, the leafy vegetables and greens and the vegetables that climb, peas, beans, runners, tomatoes, etc., are most health giving. In them the vitamins and phosphatic salts are most highly formed. So we find that this class of vegetable is the most essential and the quickest to promote good health. Their properties are such that

(Continued on page 13)

A MODERN RUTH AND NAOMI

By Elder Richard D. Rees

THROUGHOUT history many beliefs and influences have caused men and women to unite efforts to achieve some goal. Whether the desired end be the invention of the steam-engine or the discovery of a mathematical principle, the minds of all those working on the particular problem seem to be bound together and operating in harmony. But the greatest power for welding human souls is pursuit of religious truth.

The story of two cousins in Leeds in their search for the true Gospel of Jesus Christ is interesting. Although the early part of their lives was entirely different, the feeling which gradually grew within them finally brought them together and caused their minds to become one.

One of them, Nellie Butterfield, was fortunate in having two interests in life from childhood—music and religion. She attended Wesleyan chapel with her parents. She was a member of the choir and later became a Sunday School teacher.

The Bible was one of her closest companions. Often she would walk into the green, wooded country of Yorkshire with the precious book under her arm, much to the amusement of her acquaintances, and find a secluded spot and there study the words of truth and ponder over them. Although a good education was denied her, the inward desire to learn kept her mind alert and ready to grasp new ideals to guide her life.

It was not, however, until she was 24 years of age, when death deprived her of an endeared companion, that Nellie began to realize that the teachings of her religion regarding immortality did not seem to satisfy her inner beliefs. Somehow a familiar voice seemed to be calling from a distance through the din of confusion which clouded her mind.

In another section of Leeds, Nellie's cousin, Edith Hodgson, was living somewhat a different life. Her home was devoid of religion, for her father was a professed atheist. But, as many agnostics do, he called from his death-bed for someone to read to him from the Bible and asked someone to pray for him.

Although Edith's parents did not feel the need for religion, her grandmother often took her to Wesleyan chapel. She was so impressed by hearing of the love of Jesus that she often expressed the desire to be with Him.

When Edith reached the age of 15, death overtook her grandmother. Edith was left practically alone. Her grandmother was the only one in whom she had confided and the only one who had taught her religion in the home. The loss of her companionship resulted in a wane of interest in spiritual matters. Thus, her life was empty, having no purpose and holding no hopes for the future.

It was not until after her marriage and the birth of a son that Edith Kendall (that was her married name) felt the need of religious training in order that she might bring her boy up to be an honourable man. In her own words, she explained: "I did love the Lord then and had high ideals and ambitions. I had a

(Continued on page 10)

THE LATTER-DAY SAINTS' MILLENNIAL STAR

THURSDAY, JANUARY 2, 1936

EDITORIAL

A SPECIAL TO THE SAINTS

THE year 1935 has gone. From many worldly points of view it was filled with anxieties and critical situations, trials and troubles. From our Church point of view it was fairly satisfactory so far as the progress of the Church was concerned. There was a considerable growth in most, if not all, departments of the Church. The number of members increased, faith developed and the influence of the Church was extended.

In America the radio brought the Gospel message to many millions of people through several all-America hook-ups of more than sixty large radio stations. President Grant was the speaker on one of these occasions. The Tabernacle Choir in Salt Lake City still sings to all North America during one hour every Sunday morning. The radio in America has made the Mormon people and their religion widely and favourably known all over the continent. For all of these and many other things the Latter-day Saints thank their Father in heaven.

In Europe progress has also been made in every mission. The members, generally, have grown in faith and good works. We regret, however, that a few have slipped. They have permitted satan to darken their minds and increase his power over them. We are very sorry that this is so, not so much for the sake of the Church but very much more for the sake of the persons affected. Through the waters of baptism they had come into Christ's own Church, partook of the sacrament, and solemnly covenanted to serve Him. They had professed a repentance of their sins, which, if done, enabled them to stand before God in a newness of life. After all of this, to fall away is for them a deplorable thing, for they stand condemned before God, their Father. We earnestly hope they will escape the full consequences of this condemnation by a speedy and sincere repentance of their wrong-doings and a glad return to the warm fellowship of the saints.

We express this hope because we positively know that there is very much more individual happiness for us in the Church when we enjoy the full fellowship of the branch than when we fall away and lose the companionship of the Holy Spirit. The confidence and love of our fellow-members are necessary to our peace and happiness. But let us remind ourselves that we may have these to a degree and still have little of the companionship of the Holy Spirit.

And is not this as it should be? As individuals the Gospel requires us to forgive all men and hold feelings against none.

We are commanded to "judge not." Hence, if individually we are living the Gospel, we are slow to condemn, ready to forgive and tolerant of others, however weak they are. But God cannot be deceived. It is His right to judge. He will give the Holy Spirit only to the deserving—only to those whose hands are clean and whose hearts are pure.

Now, few, if any, of us enjoy this Spirit as fully as we might—as we would do if we lived more worthily. But how can we live more worthily? This is a question for each one to answer. We all have weaknesses and are more or less guilty of failures to keep God's commandments—to do our duty humbly and fully. To the extent that we fail in doing our full duty, to that extent will we certainly lack in the enjoyment of God's favours.

Shall we indicate one failure that is all too common in every one of our missions? We shall do this in the hope that when it is called to our attention we will in good spirit work for an improvement. We refer to the cold, at times even antagonistic, attitude our saints assume toward strangers who come to our services. A frequent complaint is that strangers do not receive a warm and hearty welcome when they attend our meetings. Instead, they often discover dissension, jealousy, bickering, back-biting, fault-finding and other evils existing among the saints. Wherever these conditions prevail, is there any wonder the branches grow but little, if at all?

But it is said some of the saints do not want their branches to grow. Shame upon such members. We will not call them saints. They are unworthy of this God-like designation. Instead we warn them that God is displeased with such base selfishness, and we earnestly call upon them to repent before the Lord entirely withdraws His Spirit and leaves them to the buffetings of satan—a miserable state, indeed.

We plead with the saints to live according to the teachings of Jesus and to manifest in their lives the warm, friendly and lovely spirit He exhibited when He dwelt in Palestine. The Gospel is for all men; and it is our sacred duty and high privilege to declare it unto them and to so live that others seeing our good works will be led to investigate the principles that have changed us from sinners to saints. If members who attend any of our meetings will always make strangers and investigators feel entirely welcome and be careful to conduct themselves as real saints, the atmosphere of many of our meetings will be greatly improved and the proselyting efforts of the missionaries will be much more fruitful. Needless to tell the saints what their duty is with respect to these things. Action with respect to them is the need of the hour.—JOSEPH F. MERRILL.

NOT MEMBERS OF THE CHURCH

MUCH has appeared in the press recently about polygamy at Short Creek, Arizona. Let all readers of the *Star* know that the people involved are not members of the Church of Jesus Christ of Latter-day Saints, but ex-members. For more than thirty years the Church has excommunicated every person known to be guilty of polygamy.—JOSEPH F. MERRILL.

A MODERN RUTH AND NAOMI

(Concluded from page 7)

great desire to seek the Lord and repent. I know I was very much distressed in mind, and wept bitterly that I had not followed the path my grandmother had taught me." She prayed earnestly for the truth, that she might be able to serve the Lord and keep His commandments. The answer to her prayer was more than she expected. She received a wonderful manifestation from the Lord to show that she had gained favour in His sight.

The account of her dream was kept locked in her heart, for she feared telling anyone of it. But one day she met her cousin, Nellie Butterfield. She told Nellie her story. She was impressed. She gave her cousin the strength and encouragement she needed. How different it was now that there were two of them to search for the true Gospel of Jesus Christ together. They met nearly every day after that for almost a year, during which time they studied the Bible and discussed the truths contained therein.

EVERY Saturday night they scanned the newspaper for notices of religious services the following day. They wanted to be open-minded, so they tried each denomination in turn. They attended services of the International Bible Students, Seventh-day Adventists, Old Medical School, Church of England, Primitive Methodists, United Free Church, Catholic Church and the Wesleyans. However, something was lacking in each place. The ministers preached good sermons, but they did not seem to be speaking for the sincere purpose of saving souls. They seemed to preach without the authority of Christ and His apostles. Still they felt that the true church must be somewhere.

Quite by chance on one April day in 1925 Edith paused at Victoria square in Leeds, where open-air meetings were being conducted around the statues there of Queen Victoria, the Duke of Wellington and Sir Robert Peel, the speakers standing on the base of the monuments. At one particular meeting, the voice of a young American caught her ear. He was telling a story about a prophet named Joseph Smith. She had never heard of him before or of the Mormons or Latter-day Saints. The sneers of the crowd made her only more intent to listen. She recalls: "When the speaker started to tell of the boy Prophet going into the grove to pray, through reading the passage in James 1: 5, and the pillar of light and the vision of the Father and the Son, I no longer saw nor heard the people around me. I believed! I hastened to secure a pamphlet about the Prophet's own story, which the speakers were selling. I read it several times that night and believed every word. I knew in my heart that it was the truth. The next day my cousin Nellie was to visit me, and I did hope that she would believe it too."

Nellie read the pamphlet. She, too, was interested. When she heard the word "Mormon," she thought of a book she had read entitled *The Perils of Utah*, and recalled her feeling that she thought the Mormons were the most dreadful people on earth. However, she did not permit that thought to warp her mind, as

she was so impressed with the Prophet's story. They both decided to attend the meeting of the Latter-day Saints the following Sunday.

They arrived at the rooms at 38 Park square at six p.m.—a half hour before meeting time—in order to ensure themselves of a good seat. Their first view of the humble hall impressed them. They felt its warmth and homely atmosphere. Nellie Butterfield describes the meeting: "The speakers were very sincere, and one of them (Elder E. Lee Nichols) spoke on pre-existence and supported what he had to say by quoting scripture. We were both absorbed, because we had discussed the possibility of such a state, although we had never heard it preached by anyone before. I was also delighted to find song books, because I could follow the alto part and enjoy the lovely hymns, *O My Father* and *Behold the Great Redeemer Die*. We were afterwards introduced to the elders and some of the members, who were very kind. They invited us to Mutual on the following Thursday, and we went back to Edith's home 'walking on air.' I shall never forget that first meeting. I lived for the next Thursday and also for the following Sundays. In less than three weeks I made application for baptism. We fasted on fast days, paid our tithing, and I bore testimony before I joined the Church."

THEIR search was ended, for at last they had found the Gospel of Jesus Christ as it was taught by Christ Himself. It was taught by ministers who had authority from Christ to administer to His ordinances and who taught as did He and His apostles—without monetary remuneration. Sister Butterfield continues: "I eagerly read the Book of Mormon, which I enjoyed and now enjoy because of its concise language. I lived the Word of Wisdom for two years before I knew of it through Mormonism, and I can testify that through living it one can better gain a testimony of the truth. I began to subscribe to the *Star* right away and through its pages have been able to continue my education. I am the happiest woman on earth, and would not exchange my knowledge of the Gospel for all the riches in the world."

Now the two cousins who were once in doubt and in the darkness of an empty life are doing their part to bring life and light into the hearts of others who do not know the glorious Gospel of Christ. Sister Butterfield's continued efforts have resulted in two of her younger sisters, Annie and Florence, joining the Church. Sister Kendall's son, Gordon, holds the Aaronic Priesthood and is teaching a group of youths Boy Scout work. Surely God rewards those who diligently seek Him and strive to serve Him.

THESE ARE ETERNAL VERITIES

(Concluded from page 4)

A proper conception of this divine principle would change the attitude of the world, to the benefit and happiness of all human beings. It would bring into active operation the Golden Rule: "Do unto others as you would have others do unto you."

And a third fundamental truth is this, that direct communion

between the Spirit of God and the spirit of men may be a reality. With all my soul I echo the appeal that we may lead the youth into that realm in which they will sense that communion. The promise of the Lord to His apostles is a reality.

But when the Comforter is come, whom I will send unto you from the Father; even the spirit of truth, which proceedeth from the Father, he shall testify of me. (John 15 : 26.)

And again :

Blessed are the pure in heart, for they shall see God. (Matthew 5 : 8.)

Who are the pure in heart? Those who let no selfishness or hatred or vile thought becloud their spiritual vision.

And the fourth is this, that man has the inherent power to do right or to do wrong. In this he has his free agency, to choose the right and obtain salvation, or he may choose evil and learn abominations.

These are eternal verities, as applicable now as they were when Jesus first promulgated them, and they will remain fundamental and essential elements in man's progress and happiness as long as life and being last.

Associated with these are eternal truths that constitute the plan of salvation: faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity; "For if these things," we are told, "be in you and abound, they leave you that you shall be neither barren nor unfruitful in a knowledge of our Lord Jesus Christ. To know whom, and God the Father, is eternal life"—man's greatest blessing.

In the questioning days of early boyhood I first felt a kinship with Christ, our Lord and Saviour. I know His love and His divine guidance. He is the sinless Son of Man. "He is the first and the last and is alive forevermore." Only by obedience to His teachings can man find happiness and peace.—(Adapted from a sermon delivered at the 106th semi-annual conference of the Church in the Salt Lake Tabernacle.)

OF CURRENT INTEREST

Panorama—A panoramic glance at world events during 1935 reveals a year replete with history-book material, such as the formation and scrapping of treaties, outbreak of war, advances in science and industry and the celebration of the Silver Jubilee commemorating the twenty-fifth anniversary of the ascension of His Majesty, King George V, to Britain's throne. Outstanding events were: Saarlanders voted 90 per cent to return the Saar (under French rule since the World war) to Germany (January 13) and the formal return to the Fatherland (March 1); *Macon*, U.S. navy, world's largest airship, sank into Pacific (February 13);

Revolution in Greece, inspired by M. Veniselos, against Tsalduris government (March 2), and the restoration of King George (November 22) to the Greek throne by a 95 per cent vote of his people; the announcement of military conscription and re-armament by Germany in defiance of the Versailles Treaty (March 16); holding of Stresa conference in Stresa (Italy) of delegates of Britain, France and Italy (April 11) which led to the formal condemnation of Germany by the League (April 17) for her violation of the Versailles Treaty; the Silver Jubilee celebrating throughout the British Empire (May 6) in commemoration of the twenty-fifth

year of the reign of His Majesty, George V; death of Marshall Joseph Pilsudski, Polish dictator (May 13); the United States Supreme Court ruled President Roosevelt's National Recovery Act unconstitutional (May 27); the 79,000-ton French liner, *Normandie*, sailed on her maiden voyage (May 29), the occurrence of an earthquake in Quetta, India, bringing death to more than 20,000 people; Mr. Ramsay MacDonald resigned as Prime Minister and Mr. Stanley Baldwin assumed the office with a reconstructed Ministry (June 6); Anglo-German naval agreement, limiting Germany's navy to not more than 35 per cent of any category of tonnage in Britain (June 10); death of Huey Long, Louisiana dictator, from assassin's wound (September 10); the Italo-Abyssinian war broke out (October 3) when Italian airplanes bombed Adowa; the League of Nations named Italy as the aggressor and for her violation of the League Covenant voted by a majority of 50 nations to two to institute collective measures against her (October 10); marriage of Duke of Gloucester

to Lady Alice-Scott (October 19); moves by Japan to set up another puppet state in five northern provinces of China (November); granting of home rule to the Philippines by the United States government (November); deaths of Mr. Arthur Henderson, president of the Disarmament Conference (October 20) and Admiral of Fleet Earl Jellicoe (November 20); Sir Malcolm Campbell established a new land speed record of 301.337 miles per hour on Utah's salt beds; penetration into the stratosphere 14 miles above the earth of two Americans (November); completion of Boulder dam one of the greatest engineering feats ever executed; return of the National Government to Parliament with nearly a 250 majority at a General Election (November 14); the resignation as British Foreign Minister of Sir Samuel Hoare (December 18) upon the rejection by the cabinet of the Hoare-Laval Peace Plan for settling the Italo-Abyssinian war and the appointment of Mr. Anthony Eden (December 22) to the office of Foreign Secretary.

THE SALTS OF THE EARTH

(Concluded from page 6)

they stimulate the highest regenerative functions of the body, and may be termed "glandular tonics."

As they are ripened by sun's rays, they do not, as a general rule, require cooking. Their beneficial effects are greatest when they are used raw in salads. Even the cabbage family can be used in this way, for the "hearts" are sweet and tender when shredded. The "outsides" being coarser can be used for soups and stews. In cooking above-the-ground vegetables and indeed any other vegetables, added water is absolutely unnecessary. In the matter of cooking them in their own juices, start the cooking with a little vegetable oil or fat.

Use enough fat to cover the bottom of the saucepan and let it get hot with the lid on. Wash the vegetables under the tap and drain. Then introduce them with sufficient salt to taste into the heat of the pan, replace the lid, and check the light to a minimum. When the vegetables have heated through, they will cook slowly in their own liquids. This cooking plan has many advantages, chiefly, the health assets of the vegetables are unimpaired, the flavour conserved, and very little heat is required, although the vegetables do take a little longer time. Cauliflower, spinach, cabbage, endive and other leafy greens are much more appetizing when cooked in this way. Tubers and root vegetables can be cooked similarly if they are "diced"

before being put into the pan. Cooking on these lines is even better than steaming as it entails no loss whatever of the vegetable's salt of vitamin virtues.

When making soups and vegetable broths, water or liquid is best added when the vegetables have been cooked in a similar way. If the onion is simmered first in the fat until soft and the other vegetables added, they will cook through in a short time. Then add liquid and seasonings. It will be found to be very delicious indeed.

In considering salads, it is well to remember that a variety of three vegetables is ample. Four should be the limit. When we give our due consideration to vegetables as appetizing and nutritive foods, we find that they are indeed mines of health, vigour and vitality and worthy of the reputation of being the "salts" of the earth.—(*New Health*, December, 1935.)

NEWS OF THE CHURCH IN THE WORLD

Progress in the Church during 1935 is shown in a retrospective survey of events and statistics of the year. Five new stakes, one of them in Hawaii, were organized, bringing the total in the Church to 115. Nearly fifty new wards were formed and the number of missionaries increased more than 400. Priesthood attendance and meetings increased and strides forward were noted in auxiliaries. Some of the outstanding events were: The first address of a president of the Church over an international radio hookup was given by President Heber J. Grant over the Columbia network of more than sixty stations in the United States and Canada (May 12), and three other Church programmes (at Denver, Washington D.C. and Chicago) were president over this network during the year, bringing the message of Mormonism before millions of listeners; international recognition to the Church came with the presentation by Elder Andrew Jenson, assistant Church historian, of a replica of the Mormon Pioneer wagon to Rebild National park in Copenhagen (July 4) and a subsequent audience with the King of Elder Jenson and President Alma L. Peterson of the Danish mission (July 16); the unveiling and dedication of imposing Hill Cumorah monument by President Heber J. Grant (July 21), marking the spot where the Prophet Joseph Smith received the golden

plates containing the records of the Book of Mormon from the Angel Moroni, September 22, 1827; renewed acclaim from all over the world came to the Tabernacle choir as a result of its concerts before thousands of people in Ford bowl at the International Exposition at San Diego (July 19-25); the introduction of Church doctrinal courses, conducted by Dr. John A. Widtsoe of the Council of Twelve Apostles, at two of the largest universities in the world, University of Southern California and University of California at Los Angeles.

British mission saw all 14 districts of the Mission placed under local district presidencies during 1935. The first British mission-wide M. I. A. convention was held in Kidderminster (June 8-10), and Burnley branch chapel was dedicated (January 13), bringing the total number of Church-owned chapels in Britain to 12. Two successful conferences were held in each district, conferences in Welsh district attracting approximately 1,000 people. Mission health exhibitions, the purpose of which was to teach Britain the Word of Wisdom, were held at Pontypool, Wales (September 19-21), attended by 2,500 persons, and at Kidderminster (November 20-23), attended by 3,000 people. The conference of European mission presidents at Liege, Belgium (June 20-July 2) provided missions an opportunity of receiving

new suggestions for advancing proselyting work throughout Europe and South Africa.

Designed on the English style of architecture, a new chapel of the Church has been dedicated in Baltimore, Maryland by President Heber

J. Grant. President Grant has recently dedicated new chapels in California, Utah and Idaho. He travelled across the North American continent to dedicate chapels (in California and Baltimore) on two consecutive Sundays.

FROM THE MISSION FIELD

Transfers: Elder William Aylor laboured in Bristol, Birmingham, Berry was transferred from Nottingham to London district December 10; Elder Claudius E. Stevenson from London to Norwich district and Elder Ira A. Newsome from Birmingham to Norwich district December 12.

Appointments — Elder Reed W. Ellsworth was appointed supervising elder of Scottish district, Elder Spencer J. Klomp of Liverpool district and Elder George E. Astle of Sheffield district December 16.

Elder Joseph H. Stout was named executive secretary of the Mission Sunday School and supervisor of Genealogy, and Elder Bertram T. Willis was selected Mission Sunday School superintendent December 17.

Releases — The following were honourably released December 16: Elder Mylan L. Healy, who has

laboured in Leeds and Sheffield districts (supervising elder of the latter), to return to his Magna, Utah home; Elder Ray L. Richards, who has laboured in Ulster, Hull and Liverpool districts (supervising elder of the latter), to return to his Ogden, Utah home; Elder Roscoe G. Ward, who has laboured in Liverpool and Scottish districts (supervising elder of latter), to return to his Twin Falls, Idaho home; Elder Eugene T. Pingree, who has laboured in Leeds, Scottish and Birmingham districts and as a member of Harmony Four quartette, to return to his Salt Lake City, Utah home, and Elder Murrell C. Ballantyne, who has laboured in Newcastle and Bristol districts, to return to his Bend, Oregon home. Elder Conway A. Ashton, who served in Hull district and as Mission Sun

A Scout Challenge

As never before, there is an opportunity for Latter-day Saints to take the lead in Great Britain's Boy Scout movement. *Daily Mail Year Book* of 1936 shows British Isles Scout membership decreased for the first time since the War (4.24 per cent during 1935). Meanwhile British Empire



Lewis H. Tarr

Scout enrollment increased 3.77 per cent, bringing its membership to 905,173, of which 459,980 represent Great Britain and Ireland. The grand total for the world is 2,500,900. While Britain's Scout membership was declining, Latter-day Saint Scouts in Britain (organized in 1934) were increasing. Since May, 1935 the number of registered Church troops in Britain has jumped from two to 13. Brother Lewis H. Tarr is Mission Scout supervisor.

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day School superintendent and Genealogy supervisor, was honourably released to return to his Salt Lake City, Utah home December 17.

Doings in the Districts: Hull—Under the direction of Sister Marion Barrett, a Primary "Jumble Sale" was presented in Hull branch hall Saturday, November 30. Proceeds went toward the branch building fund and the purchase of Primary books for children.

Hull branch Relief Society, under the direction of President Amelia Ransom, conducted a social and bazaar in the branch hall Friday, December 6. Novelty numbers were contributed by Miss Littlewood and her pupils.

Manchester—In a hall brilliantly decorated and adorned with a beautifully lighted Christmas tree, Hyde branch Gleaner Girls sponsored a social Tuesday, December 17.

Birmingham—Nuneaton branch was favoured with a visit by President Joseph F. Merrill at its Sunday Services in Masonic hall December 22. President Merrill's subject was "Can Man Find God." Vocal solos were sung by Sister Muriel Hunter and Miss Madge Jephcote rendered a pianoforte selection. Branch President William L. Nightingale conducted the meeting, which was also attended by District President Norman Dunn and his counsellor, Brother George E. Hunter.

"The Life of a Scout at Camp" was theme of a sketch presented by Nuneaton branch Boy Scouts at their programme in Masonic hall Tuesday, December 17. Scoutmaster Harold Gunn was in charge. Forty persons attended.

Norwich—Proceeds of a Relief Society bazaar and social in Norwich branch hall Thursday, December 21, went toward helping the poor at Christmastide.

Leeds—A building fund social was given by Bradford branch in Westgate hall Saturday, December 21, with Sister Elsie Carruthers in charge. Special numbers included a vocal solo by Sister Florence Dennis and a violin selection by Brother George Fearnley.

Personal—Miss Edith Hardacre, daughter of Sister Bertha S. Hardacre of Nelson branch, was married to Mr. Linley Pate at St. John's church of Nelson December 14. Supervising Elder Ray L. Richards gave them a blessing at the reception which followed.

Notice—Elder M. Neff Smart has succeeded Elder Conway A. Ashton as superintendent of the Mission Bookstore, 5 Gordon Square, W.C. 1 London. All Bookstore orders and communications should be addressed to Elder Smart.

DEATH

OXSPRING—Sister Ellen Oxspring, 67, a faithful member of Barnsley branch, passed away December 17. Funeral services were conducted Friday, December 20, by Branch

President Fred K. Birkhead in the Nonconformist chapel at Barnsley cemetery, where interment took place. Elder George W. Shupe dedicated the grave.

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